

**CHANDLER**  
**Parks & Recreation**  
 CHANDLER SENIOR CENTER

**SPECIAL EVENTS**

**June**

6, Tuesday - Music with Tim Burdick at 10 am  
 12, Monday- Prize Pictionary with Home Well Senior Care at 10 am  
 14, Wednesday- Music with Jai Mitchell at 10 am  
 19, Monday - Father's Day celebration with Dallas West at 10 am  
 27, Tuesday - Music with MJ Moore at 10 am

**July**

3, Monday - Fourth of July celebration Sponsored by Brookdale Living  
 10, Monday- Entertainment with Jai Mitchell at 10 am  
 17, Monday- Pictionary with Home Well Senior Care at 10 am  
 19, Wednesday- Music with Howard Clark at 10 am  
 25, Tuesday- Music with Carl Nyberg at 10 am

**August**

2, Wednesday - Music with Tim Burdick at 10 am  
 7, Monday - Music with Dallas West at 10 am  
 14, Monday- Pictionary with Home Well Senior Care at 10 am  
 15, Tuesday- Music with Jai Mitchell at 10 am  
 22, Tuesday - Music with Jim Bing at 10 am

**City of Chandler  
 Senior Center**

202 E. Boston Street  
 Chandler, AZ 85225

480-782-2720

Fax: 480-782-2725

[www.chandleraz.gov/senior-adult](http://www.chandleraz.gov/senior-adult)  
 Monday–Friday

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## EXCURSIONS AND OUTINGS

**\*\*All cancellations must be made 48 hours in advance to receive a full refund. Less than 48 hours notice will result in a 50% refund.**

### Excursions

#### Cottonwood Wine Tour - 4SC101

**Activity Level: Moderate: Some walking required**

Join us as we tour Alcantara Winery, Javelina Winery and Arizona Stronghold Vineyard. Enjoy some of the top rated wineries in the Cottonwood area. Tour includes a lunch at Alcantara Winery.

6/12 M 8:30 am-5:30 pm \$51/\$69

#### Kitt Peak Tour - 4SC102

**Activity Level: Strenuous, lengthy walk anticipated**

Kitt Peak National Observatory supports the most diverse collection of astronomical observatories on Earth and includes 22 optical telescopes and two radio telescopes. Lunch is provided by Jason's Deli and selection of meal is due upon registration.

6/26 M 8:00 am-5:00 pm \$26/\$36

#### Beauty and the Beast – 4SC103

**Activity Level: Easy, suitable for walkers/wheelchairs**

"BE OUR GUEST" at Herberger Theater for Disney's most celebrated fairytale! Fee includes ticket and transportation. Show time is 7:00 pm. Please eat before you come as no meal will be provided. Special thanks to our Site Council for sponsoring this excursion!

7/12 W 6:00-9:30 pm \$25/\$34

#### Diamondback vs Braves - 4SC104

**Activity Level: Easy, ok for walkers/wheelchairs**

Come enjoy a matinee game and cheer on our home team to victory! Seats are located in section 110 and are handicap accessible. Game time is 12:40 pm. Special thanks to our Site Council for sponsoring this excursion!

7/26 W 11:30a-4:30p \$5/\$7

#### Chase Field Tour - 4SC105

**Activity Level: Strenuous, lengthy walk anticipated**

Visit one of the most impressive and unique Major League Baseball facilities in the country, Chase Field. Chase Field is home to the 2001 World Champion Arizona Diamondbacks and the 2011 MLB All-Star Game. After the tour we will be stopping for an optional lunch at Friday's Front Row restaurant, so please bring money for lunch.

8/1 Tu 9:30a-2:30p \$10/\$14

### Excursions-Continued

#### Cerreta Candy Tour - 4SC106

**Activity Level: Easy, suitable for walkers/wheelchairs**

Take a special 30 minute guided tour of the family-owned candy factory in Glendale. We will be stopping for an optional lunch at Kiss the Cook restaurant, so please bring money for lunch.

8/8 Tu 10:15 am-3:15 pm \$5/\$7

#### Titan Missile Museum - 4SC007

**Activity Level: Strenuous, lengthy walk anticipated**

The Titan Missile Museum, just outside of Tucson, showcases the dramatic vestiges of the Cold War between the U.S. and former Soviet Union and provides a vivid education about the history of nuclear conflict-a history of keeping the peace. A 1 hour guided tour is provided.

Lunch is provided by Jason's Deli and selection is due upon registration.

8/17 Th 8:30 am-4:30 pm \$25/\$36

### Lunch Trips

**Transportation provided; you pay for lunch**

#### The Ivy– Mediterranean Cuisine

6/21 W 11:30 am-1 pm

#### Yoli's Café - American Cuisine

7/19 W 11:30 am-1 pm

#### Firebirds Wood Fired Grill - American Cuisine

8/23 W 11:30 am-2 pm

### Monthly Trips to the Casino

#### Harrah's Casino - Maricopa

6/28 W 8:30 am-5 pm \$5

#### Mazatzal Casino - Payson

7/26 W 8:30 am-5 pm \$5

#### Apache Gold Casino - San Carlos

8/30 W 8:30 am-5 pm \$20

June - August 2017

## CLASSES

### MICROSOFT EXCEL

These 5 classes provide a variety of instruction on Microsoft Excel. Learn how to use Excel to organize your work, finances and hobbies!

<b>Basics</b>	<b>5/30</b>	<b>Tu</b>	<b>7-9 pm</b>	<b>\$10/\$14</b>
<b>Intermediate</b>	<b>6/6</b>	<b>Tu</b>	<b>7-9 pm</b>	<b>\$10/\$14</b>
<b>Advanced Formulas</b>	<b>6/13</b>	<b>Tu</b>	<b>7-9 pm</b>	<b>\$10/\$14</b>
<b>Data Manipulations</b>	<b>6/20</b>	<b>Tu</b>	<b>7-9 pm</b>	<b>\$10/\$14</b>
<b>Pivot Tables</b>	<b>6/27</b>	<b>Tu</b>	<b>7-9 pm</b>	<b>\$10/\$14</b>

### MICROSOFT WORD

In this workshop, you will learn how to use the HOME menu bar and how to format text.

<b>7/11</b>	<b>Tu</b>	<b>7-9 pm</b>	<b>\$10/\$14</b>
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### MICROSOFT POWERPOINT

This workshop teaches all the basic features associated with PowerPoint 2010.

<b>7/18</b>	<b>Tu</b>	<b>7-9 pm</b>	<b>\$10/\$14</b>
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### FACEBOOK FOR BEGINNERS

Come learn how to use Facebook, a web-based application used for social networking. This is a one-day workshop for beginners.

<b>8/1</b>	<b>Tu</b>	<b>7-9 pm</b>	<b>\$10/\$14</b>
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### YOUTUBE FOR BEGINNERS

Learn the basics of YouTube, a web application used to store, upload and view videos.

<b>8/8</b>	<b>Tu</b>	<b>7-9 pm</b>	<b>\$10/\$14</b>
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### PINTEREST FOR BEGINNERS

Learn how to use Pinterest, a web application with which you can collect, share, and use as an organizational tool.

<b>8/15</b>	<b>Tu</b>	<b>7-9 pm</b>	<b>\$10/\$14</b>
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### BEGINNING/INTERMEDIATE WATERCOLOR

Learn everything from how to apply the paint to composition and color. Experienced painters will improve their skills and learn new tricks. Students must bring their own supplies. Supply list available at the Senior Center. A supply fee of \$5 is for beginners only.

<b>7/11-8/29</b>	<b>Tu</b>	<b>9:30 am-12 pm</b>	<b>\$63/\$86</b>
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### MAINTAIN YOUTH AND BEAUTY

Learn how to tone and tighten your body's skin naturally. You will also learn how you can stay healthy, active and vibrant using natural products from your kitchen.

<b>6/28</b>	<b>W</b>	<b>6-7 pm</b>	<b>\$7/\$10</b>
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## CLASSES, CONTINUED

### FAMILY MEMORIES WRITING CLASS

Using creative nonfiction techniques, write short vignettes to share with your children, grandchildren, and friends. Develop anecdotes that include humorous, sentimental, and cultural aspects of family life. Both beginner and advanced writers welcome! Supply fee is \$10.

<b>6/5-6/26</b>	<b>M</b>	<b>10:30 am-12:30 pm</b>	<b>\$28/\$38</b>
<b>7/10-7/31</b>	<b>M</b>	<b>10:30 am-12:30 pm</b>	<b>\$28/\$38</b>

### A LIFETIME OF MEMORIES

Leave a legacy to your family! This class guides you in writing your personal history. Create something that is priceless. Supply fee is \$35.

<b>6/7</b>	<b>W</b>	<b>12-1:30 pm</b>	<b>\$8/\$11</b>
<b>7/5</b>	<b>W</b>	<b>12-1:30 pm</b>	<b>\$8/\$11</b>
<b>8/2</b>	<b>W</b>	<b>12-1:30 pm</b>	<b>\$8/\$11</b>

### ENGLISH FOR BEGINNERS-STEP 2

You know some English, but are ready to practice and learn a lot more. Welcome to step two on your journey! Supply fee is \$5.

<b>7/5-7/26</b>	<b>W</b>	<b>1-4 pm</b>	<b>\$41/\$56</b>
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### AARP DRIVER SAFETY PROGRAM

AARP offers a defensive driving course that will help make you a safe driver. You may be eligible for an insurance discount after course completion. Make checks payable to AARP and turn them into Chandler Senior Center. AARP Member fee is \$15/Non member fee is \$20.

<b>6/15</b>	<b>Th</b>	<b>1-5 pm</b>	<b>\$15/\$20</b>
<b>7/20</b>	<b>Th</b>	<b>1-5 pm</b>	<b>\$15/\$20</b>
<b>8/17</b>	<b>Th</b>	<b>1-5 pm</b>	<b>\$15/\$20</b>





June - August 2017

## CLASSES CONTINUED

### TAI CHI CH'UAN - NEW BEGINNERS

Just trying it out for the first time? Come learn a martial art exercise that will improve your stamina and strength! Wear comfortable, loose fitting clothing. Supply fee is \$3.

6/5-7/12	M/W	2:45-3:45 pm	\$41/\$56
7/17-8/23	M/W	2:45-3:45 pm	\$41/\$56

### TAI CHI CH'UAN - INTERMEDIATE

Already been through the beginning class and want to advance? Review what you learned in the beginner class and then take it to the next level.

6/5-7/12	M/W	1:30-2:30 pm	\$41/\$56
7/17-8/23	M/W	1:30-2:30 pm	\$41/\$56

### YOGA AND MEDITATION

Learn exercises to release tension from your mind and body. Learn to use these meditation techniques to gradually develop a special quality of health. Bring an exercise mat and towel.

6/8-7/27	Th	11:30a-12:30 pm	\$28/\$38
6/6-8/1	Tu	6:30p7:30 pm	\$28/\$38

### Chair Yoga

Come learn breathing techniques and postures to stretch and strengthen, all performed while seated in a chair. This class is designed to increase circulation, flexibility and strength.

Location: Snedigar Recreation Center.

6/7-6/28	W	9:45-10:45 am	\$16/\$22
7/5-7/26	W	9:45-10:45 am	\$16/\$22
8/2-8/30	W	9:45-10:45 am	\$19/\$26

### LINE DANCE

It's not only fun, it's exercise for the mind and body! Come out, learn some new moves and dance!

6/6-6/27	Tu	2-3 pm	\$16/\$22
7/11-8/1	Tu	2-3 pm	\$16/\$22
8/8-8/29	Tu	2-3 pm	\$16/\$22

### ADVANCED LINE DANCE

Know your line dances? Want to shake it up, learn harder ones and become a better dancer? Come on out and dance some more!

6/2-6/23	F	2-3 pm	\$16/\$22
7/7-7/28	F	2-3 pm	\$16/\$22
8/4-8/25	F	2-3 pm	\$16/\$22

## WEEKLY FRIDAY MOVIES

Free popcorn and a movie  
Meet us in the lounge at 1:30

### JUNE 2 - DEEPWATER HORIZON (2016) PG-13

Starring Mark Wahlberg 1 hr. 47 min.

### JUNE 9 - PASSENGERS (2016) PG-13

Starring Jennifer Lawrence 1 hr. 56 min.

### JUNE 16 - BEN HUR (2016) PG-13

Starring Morgan Freeman 2 hrs. 4 min.

### JUNE 23 - LION (2016) PG-13

Starring Dev Patel 1 hr. 58 min.

### JUNE 30 - SONS OF KATIE ELDER (1965) NR

Starring John Wayne 2 hr. 1 min.

### JULY 7 - PATRIOTS DAY (2016) R

Starring Mark Wahlberg 2 hr. 13 min.

### JULY 14 - FINEST HOURS (2016) PG-13

Starring Chris Pine 1 hr. 57 min.

### JULY 21 - BRIDGE OF SPIES (2015) PG-13

Starring Tom Hanks 2 hrs. 22 min.

### JULY 28 - THE GREAT ESCAPE (1963) NR

Starring Steve McQueen 2 hrs. 52 min.

### AUGUST 4 - 13 HOURS (2016) R

Starring John Krasinsky 2 hrs. 24 min.

### AUGUST 11 - MIRACLES FROM HEAVEN (2016)

starring Jennifer Garner 1 hr. 49 min.

### AUGUST 18 - GOLD (2016) R

starring Matthew McConaughey 2 hr. 1 min.

### AUGUST 25 - TRUE GRIT (1969) G

starring John Wayne 2 hr. 7 min.

# Chandler Senior

## WEEKLY ACTIVITIES

### MONDAY

- Weights Exercise 8:30 am
- Standing Exercise 9 am
- Chair Exercise 9:30 am
- Bunco 10 am
- Party Bridge 12 pm
- Bingo 12:15 pm

### TUESDAY

- Quilting 8:30 am
- Knitting/Crocheting 8:30 am
- Party Bridge 9 am
- Pinochle, Hand/Foot 12 pm

### WEDNESDAY

- Ceramics 8 am
- Weights Exercise 8:30 am
- Standing Exercise 9 am
- Chair Exercise 9:30 am
- Bunco 10 am
- Hand/Foot 12 pm
- Pinochle 12 pm
- Bingo 12:15 pm

### THURSDAY

- Quilting 8:30 am
- Party Bridge, Crafts 9 am
- Food Box/Bread Distribution 10 am
- Understanding the Brain 10 am
- Pitch 12 pm
- Euchre 1 pm
- Bowling at Kyrene Lanes (\$7.50) 1 pm

### FRIDAY

- Weights Exercise 8:30 am
- Standing Exercise 9 am
- Chair Exercise 9:30 am
- Bunco 10 am
- Party Bridge 12 pm
- Bingo 12:15 pm
- Movie 1:30 pm

### MONDAY-FRIDAY ACTIVITIES

- Koffee Klatch 8 am
- Computer Lab 8 am-5 pm  
(excluding class time)
- Pool table 8 am-5 pm  
(excluding exercise and bridge)
- Lunch 11:30 am
- Mexican Train Dominoes 1:15 pm

## SPECIAL SERVICES

### Have Questions?

Call the **Senior Help Line** 602-264-4357.

**Transportation: Dial a Ride** 480-633-0101 ext. 4  
**Ride Choice** 602-716-2100

Note: All groups and individuals who provide services at the Senior Center, including those listed above, do so with the understanding that they are prohibited from requesting personal information from participants, and from attempting to initiate contact with the participant to solicit them for future business.

**Peer Counseling:** These free support services can help you work through problems, manage stress, achieve goals and cope with grief or depression. Contact Paty Iniguez with EMPACT at (480) 262-3550 for details and to make an appointment.

**Benefits Assistance Program:** Area Agency on Aging provides free Medicare consultations the second Monday of every month. Call the front desk to make an appointment.

**Legal Consultations:** Attorney Cami Pickett is available for 30-minute legal consultation sessions. Sign up at the front desk to secure an appointment!

**Med Assure:** Keith from Med Assure will be in to adjust your ambulatory devices. He can fix your wheelchair, walker or cane! Just bring it in July 26th at 10 am!

**Blood Pressure Screenings:** Americare Hospice & Palliative Care offers blood pressure checks the first Thursday of every month from 9:30 - 11 a.m.

**Food Box Distribution:** The Chandler Christian Community Center offers a food box of non-perishable items for seniors who qualify for the program. These food boxes are distributed the third Thursday of every month. See the Nutrition Program office for an application!

**Bread Distribution:** Kneaders and Alpine Bakery generously donate bread loaves on Thursdays at 10 am. Quantities are limited.

**Chair Massages:** AFC Physical Medicine and Chiropractic provide chair massages the first Friday of every month 9-11 am.

# June 2017

## MUSIC, EDUCATION, AND OTHER EXTRACURRICULAR OPPORTUNITIES

Monday	Tuesday	Wednesday	Thursday	Friday
			1 10 am - Bread distribution 1 pm - Bowling at Kyrene Lanes 1 pm - Euchre	2 12:15 pm - Bingo 1:30 pm - Movie in the Lounge
5 8:30 am - Exercise 12:15 pm - Bingo	6 8:30 am - Quilting 9 am - Party Bridge 10 am - Music with Jai Mitchell	7 8:00 am - Ceramics 12:15 pm - Bingo	8 10 am - Bread distribution 1 pm - Bowling at Kyrene Lanes 1 pm - Euchre	9 12:15 pm - Bingo 1:30 pm - Movie in the Lounge
12 8:30 am - Exercise 9:00 am - Cottonwood Wineries Tour 10 am - Pictionary with Homewell	13 8:30 am - Quilting 9 am - Party Bridge	14 8:00 am - Ceramics 10 am - Music with Jai Mitchell 12:15 pm - Bingo	15 10 am - Food Box Distribution 1 pm - Bowling at Kyrene Lanes 1 pm - Euchre	16 12:15 pm - Bingo 1:30 pm - Movie in the Lounge
19 8:30 am - Exercise 10 am - Father's Day Party with Dallas West 12:15 pm - Bingo	20 8:30 am - Quilting 9 am - Party Bridge	21 8:00 am - Ceramics 11:30 am - Lunch at the Ivy Café 12:15 pm - Bingo	22 10 am - Bread distribution 1 pm - Bowling at Kyrene Lanes 1 pm - Euchre	23 12:15 pm - Bingo 1:30 pm - Movie in the Lounge
26 8:30 am - Kitt's Peak Trip 8:30 am - Exercise 12:15 pm - Bingo	27 8:30 am - Quilting 9 am - Party Bridge 10 am - Music with MJ Moore	28 8:00 am - Ceramics 8:30 am - Harrah's Casino 12:15 pm - Bingo	29 10 am - Bread Distribution 1 pm - Bowling at Kyrene Lanes 1 pm - Euchre	30 12:15 pm - Bingo 1:30 pm - Movie in the Lounge

# July 2017

## MUSIC, EDUCATION, AND OTHER EXTRACURRICULAR OPPORTUNITIES

Monday	Tuesday	Wednesday	Thursday	Friday
			1 1 pm - Bowling at Kyrene Lanes 1 pm - Euchre	2 12:15 pm - Bingo 1:30 pm - Movie in the Lounge
3 8:30 am - Exercise 10 am - 4th of July Party with Brookdale Living 12:15 pm - Bingo	4 CLOSED in honor of Independence Day	5 8:00 am - Ceramics 12:15 pm - Bingo	6 10 am - Bread distribution 1 pm - Bowling at Kyrene Lanes 1 pm - Euchre	7 12:15 pm - Bingo 1:30 pm - Movie in the Lounge
10 8:30 am - Exercise 10 am - Music with Jai Mitchell 12:15 pm - Bingo	11 8:30 am - Quilting 9 am - Party Bridge	12 8:00 am - Ceramics 12:15 pm - Bingo 6:00 pm - Beauty and the Beast trip	13 10 am - Bread distribution 1 pm - Bowling at Kyrene Lanes 1 pm - Euchre	14 10 am - Music with Howard Clark 12:15 pm - Bingo 1:30 pm - Movie in the lounge
17 8:30 am - Exercise 10 am - Pictionary with Homewell 12:15 pm - Bingo	18 8:30 am - Quilting 9 am - Party Bridge	19 8:00 am - Ceramics 10 am - Music with Howard Clark 11:30 am - Lunch at Yoli's Cafe	20 10 am - Food Box Distribution 1 pm - Bowling at Kyrene Lanes 1 pm - Euchre	21 1:30 pm - Movie in the Lounge 12:15 pm - Bingo
24 8:30 am - Exercise 12:15 pm - Bingo	25 8:30 am - Quilting 9 am - Party Bridge 10 am - Music with Carl Nyberg	26 8:00 am - Ceramics 8:30 am - Mazatzal Casino 10 am - MedAssure 11:30 am - Diamondbacks vs Braves 12:15 pm - Bingo	27 10 am - Bread distribution 1 pm - Bowling at Kyrene Lanes 1 pm - Euchre	28 12:15 pm - Bingo 1:30 pm - Movie in the Lounge

# August 2017

## MUSIC, EDUCATION, AND OTHER EXTRACURRICULAR OPPORTUNITIES

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9 am - Party Bridge 9:30 am - Chase Field Tour	2 8:00 am - Ceramics 10 am - Music with Tim Burdick 12:15 pm - Bingo	3 9:30 am - Blood Pressure, Americare 10 am - Bread distribution 1 pm - Bowling at Kyrene Lanes 1 pm - Euchre	4 12:15 pm - Bingo 1:30 pm - Movie in the Lounge
7 8:30 am - Exercise 10 am - Music with Dallas West 12:15 pm - Bingo	8 8:30 am - Quilting 9 am - Party Bridge 10:15 am - Cerreta Candy Factory Tour	9 8:00 am - Ceramics 12:15 pm - Bingo	10 10 am - Bread distribution 1 pm - Bowling at Kyrene Lanes 1 pm - Euchre	11 12:15 pm - Bingo 1:30 pm - Movie in the Lounge
14 8:30 am - Exercise 10am - Pictionary with Homewell 12:15 pm - Bingo	15 8:30 am - Quilting 9 am - Party Bridge 10 am - Music with Jai Mitchell	16 8:00 am - Ceramics 12:15 pm - Bingo	17 8:30 am - Titan Missile Museum 10 am - Food box distribution 1 pm - Bowling at Kyrene Lanes 1 pm - Euchre	18 12:15 pm - Bingo 1:30 pm - Movie in the lounge
21 8:30 am - Exercise 12:15 pm - Bingo	22 8:30 am - Quilting 9 am - Party Bridge 10 am - Music with Jim Bing	23 8:00 am - Ceramics 11:30 am - Lunch at Firebirds 12:15 pm - Bingo	24 10 am - Bread distribution 1 pm - Bowling at Kyrene Lanes 1 pm - Euchre	25 12:15 pm - Bingo 1:30 pm - Movie in the Lounge
28 8:30 am - Exercise 12:15 pm - Bingo	29 8:30 am - Quilting 9 am - Party Bridge	30 8:00 am - Ceramics 8:30 am - Apache Gold Casino 12:15 pm - Bingo	31 1 pm - Bowling at Kyrene Lanes 1 pm - Euchre	





**CITY OF CHANDLER**  
Community Services Department  
Mail Stop 501, P.O. Box 4008  
Chandler, AZ 85244-4008



## **SENIOR CENTER TEAM**

### **City of Chandler Recreation**

**Recreation Coordinator II:** Nancy Jackson (480) 782-2722

**Recreation Coordinator I:** Matt Davis (480) 782-2741

**Recreation Coordinator I (Therapeutics):** Collette Prather (480) 782-2709

**Customer Service Representative:** Loretta Colson (480) 782-2720

### **Nutrition Program provided by Chandler Christian Community Center**

**Senior Food Programs Manager:** Kelly Delgado (480) 082-2721

**Community Outreach Specialist:** Brianna Burrows (480) 503-6061

## **Senior Center Site Council**

**President:** Neil Bales, **Vice President:** Ann Moore, **Treasurer:** Betty Crawford,  
**Secretary:** Prannath Tiku

**Members:** Bill Bennet, Thelma Brown, Dwayne Jacobs, Mary Jane Jakubowski, Bert Johanson, LaVerne Johanson, Gloria Pino-Lugo, Bob Reichard, Ed Roberts, Mary Ann Ringmann, Nick Simiz, Wanda Shaulis, Fred Utter, Maretta Wood

Site Council meets once a month in our lounge at 9:30 am to discuss hot topics at the Senior Center. While only Site Council members can vote on proposals, the public is always welcome and encouraged to attend.



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Community Services Department  
Mail Stop 501, P.O. Box 4008  
Chandler, AZ 85244-4008



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